

Concord Parks & Recreation Senior Program Calendar and Newsletter

At a Glance.....

VNA Blood Pressure Clinic—Friday, February 6,
9:30—11:00 am

VNA Senior Health Clinic—Wednesday, February
11 & 18, 9:00—noon

VNA Walk-In Wednesday—February 25, 10:00—noon

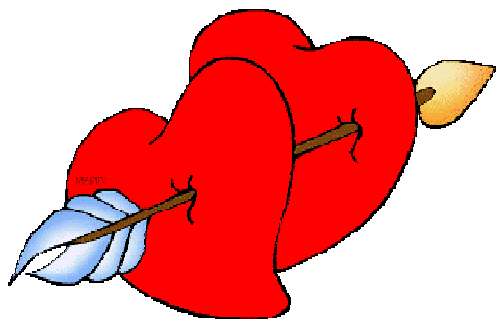
Valentine Theme Senior Lunch—Wednesday, February 11, noon

Craft Group—Friday February 6 & 20, 11:00—noon

Walking Club—Every Wednesday 11:00—noon

Sunset Club Meeting—Wednesday, February 18, 11:00—noon

Trivia—Friday February 27, 11:00—noon



Activity Descriptions

Senior Valentine Theme Lunch—free for seniors 60+ with a suggested donation of \$2. Seniors under age 60 the cost is \$6. See flyer for lunch menu. Registration required by February 6.

Walking Group—come walk with friends in the indoor comfort of the Heights Community Center. Each person will be given a log book to log miles. When you have ‘climbed a 4,000 footer’ your name will be entered for a \$25 gift certificate! Drawing is March 11th!

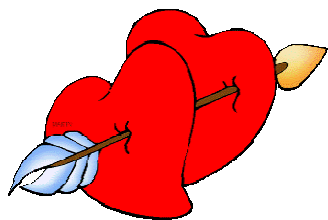
Craft Group—come share your talents and learn new crafts from others! We will be making Valentine and other cards this month.

Sunset Club Meeting—Games and pizza.

Trivia—recalling information from the past is a fun way to exercise your mind. We will continue with 1950’s and move into 1960’s events from history, sports, pop culture, music, and movies. Prizes!

Drop – In—we will have coffee and snacks, card and board games available for people to come in for some fun social time.

**To sign up for any of the activities contact Becky
at 230-4982 or Rbukowski@ConcordNH.gov**



February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Bingo</i> 10:00— Noon	3	4 <i>Bone Builders</i> 10:00—11:00 <i>Walking group</i> 11:00—12:00 noon	5	6 <i>Walk-In Blood Pressure Clinic</i> 9:30—11:00 <i>Craft Group</i> 11:00—12:00 noon <i>Drop-in</i> 10:00—1:00 <i>Coffee, snacks, card and board games.</i>	7
8	9 <i>Bingo</i> 10:00— Noon	10	11 <i>VNA Senior Health Clinic</i> 9:00— Noon <i>Bone Bldrs</i> 10:00—11:00 <i>Walking group</i> 11:00—12:00 noon <i>Senior Valentine Theme Lunch—</i> 12:00 noon	12	13 <i>Bone Builders</i> 10:00—11:00 <i>Drop-in</i> 10:00—1:00 <i>Coffee, snacks, card and board games.</i>	14
15	16 <i>Closed for Presidents Day</i> <i>No Bingo</i>	17	18 <i>VNA Senior Health Clinic</i> 9:00—Noon <i>Bone Bldrs</i> 10:00—11:00 <i>Walking group</i> 11:00—12:00 noon <i>Sunset Club Meeting, Game Day & pizza, 11:00—12:00 noon</i>	19	20 <i>Bone Builders</i> 10:00—11:00 <i>Craft Group</i> 11:00—12:00 noon <i>Drop-in</i> 10:00—1:00 <i>Coffee, snacks, card and board games.</i>	21
22	23 <i>Sunset Club Bingo</i> 10:00— Noon	24	25 <i>VNA Walk-in Wednesday</i> 10:00—noon <i>Bone Bldrs</i> 10:00—11:00 <i>Walking group</i> 11:00—12:00 noon	26	27 <i>Bone Builders</i> 10:00—11:00 <i>Trivia</i> 11:00—noon <i>Drop-in</i> 10:00—1:00 <i>Coffee, snacks, card and board games.</i>	28